

August 1999

Volume 1, Issue 2

Jeff Bolognese – Editor



The Oracle

Toastmasters, Goals, and You

By Jeff Bolognese, ATMB

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Toastmasters (TM) is all about goals. We all joined Toastmasters with certain goals in mind. We may have wanted to become better public speakers, or better speech writers, or to gain leadership or meeting management skills. These are the personal goals that TM helps us to achieve.

The club also establishes goals as well. Primarily those include helping members achieve their personal goals, but it goes beyond that. Goddard Toastmasters also serves the center as well, and plays a role in helping to improve its employees, and achieve overall mission goals.

This issue of "The Oracle" is all about goals and Toastmasters: how TM has helped members to achieve their goals, how

the club plans to meet member needs, and also how Goddard TM has reached people beyond the circle of our club members.

As you read this issue, think about what you originally wanted to get out of Toastmasters, and how those goals may have changed. Goals evolve and change and grow, just as we do. Periodically we need to step back to see where we've been, where we are, and where we want to go. Is it time that you reach beyond your original goals?

I encourage you to think about the role you can play in helping the club to achieve its objectives and improve not only your fellow members, but the entire Goddard community and beyond.

My Goals for Goddard Toastmasters

By Ashok Ambardekar, President

As a president, I have set two goals for our club:

- 1) To increase visibility on the GSFC campus and acquire recognition from the top management, and
- 2) To conduct educational presentations to enhance the club climate and its members' skills.

Each of our club meetings is like a

laboratory for speechcraft. The top management of our scientific community must be made aware that this laboratory has been launching speakers and good communicators for years. Our club needs to showcase how we improve our individual communications skills through practice and criticism and how we encourage each other to develop our originality and ability.

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- Reaching Beyond the Club
- Goddard TM Calendar
- Self Development

Club President (cont.)

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We will be planning an open house to showcase our club in action. We will demonstrate how our principle of comaraderie is stimulating, effective and different from the usual courses and seminars where the information is poured on the individual from the exterior.

My second goal is going to cover multiple needs.

- We will start presentations from the Successful Club Series modules. "Creating the Best Club Climate" will teach us techniques to create and maintain a healthy club environment. This should not only increase the attendance at our meetings but attract new members as well. The second module "Evaluate to Motivate" will teach us to give

evaluations that benefit the speaker, the evaluator and the audience.

- We will have a few meetings videotaped, so we can analyze our body language, posture, gestures, poise and the other components that make us effective speakers.

- Before we send our club contest winners to compete in the area contest and the district contest, we will be coaching them to sharpen their skills and to give them a winning edge.

I am setting out these goals for the club, and I am sure we will achieve them by the spirit of teamwork and cooperation - those abundant resources we have as Toastmasters !!!

Membership renewals are due! Civil servants, get your training orders in as soon as possible. Send the completed forms to Jackie Scully. Forms are available on the club web site.



"I am sure all of us have some story about how Toastmasters has helped us in some way."

A Toastmasters Success Story

By Angela M. Upshur, DTM

Toastmasters is a self development and skill building organization. When Dr. Ralph Smedley began Toastmasters International, he knew what all Toastmasters know - that the fear of public speaking can be overcome with practice. So he began an organization dedicated to helping the individual improve in areas such as writing, listening, reading, and speaking in public.

When I became a Toastmaster in 1984 I was a very shy person. I had no confidence in myself, and I remember always walking around with my head down and running into a lot of street polls. A friend of mine at work asked me to come and hear about the Toastmasters Club that was being formed by the employees of our company. I remember saying to myself, "What is a Toastmaster?"

I accepted her invitation and attended a

meeting. I immediately saw a new opportunity that gave new life to my writing skills, or should I say lack of skills. It used to take me 3 weeks to write one memo. After my first six months in Toastmasters, I got the time down to 2 weeks, and by the end of the year

it was only taking me 3 days to write a memo. Now I can write a three page memo in 10 minutes and I no longer walk around with my head down, because Toastmasters has given me more confidence in my writing and myself than I ever had before.

I am sure all of us have some story about how Toastmasters has helped us in some way. Therefore, the next time you want to share Toastmasters with a fellow coworker or someone you know, share your Toastmasters story with them. I am sure they will see some benefit in the organization for their own professional development.



For the past three years, Angie Upshur, with the support of other Goddard Toastmasters, has lead students in the SHARP summer intern program through Toastmasters "Youth Leadership" training . Toastmaster members give the students speeches on different aspects of public speaking and oral presentations. The SHARP students learn to perform evaluations, table topics, give prepared speeches, and fill all the roles of a formal Toastmasters meeting. The following speech was given by SHARP student Tavon Brooks, as part of this year's Youth Leadership program.

Is it Worth it?

By Tavon Brooks, SHARP Student

Good afternoon, at the beginning of the program, someone had asked me, "Tavon, is it worth it coming all the way from Baltimore, riding a MARC train, paying \$10.00 a day?" Well, when I went home that evening I thought really hard about that question, and I must say that yes it's worth it. And the reason why is definitely not the stuff that is green and has dead presidents on it. But the reasons why I have chosen to come to SHARP are for the experiences and the long-term effects it will produce.

As I toured this renowned faculty, I was stuck by a quote on the statue of Dr. Robert H. Goddard, which is located in this building. And I quote, "It is difficult to say what is impossible, for the dream of yesterday is the hope of today and the reality of tomorrow." This quote indicates why I am here. Surely, Dr. Goddard's realities came into being through his professional experiences, education, and research. Hence, the SHARP program is but one of the ingredients that will be the foundation for enriching my hopes, nurturing my dreams, and producing my realities. Now I know that you're wondering what nurturing experiences have I had through SHARP? Well, let me remind you. When I stood up at Table Topics and froze because I didn't know how to answer the question, making a fool out of myself, that was an experience. When I image disks and burn CDs, that is an experience. Even when I have to use a Macintosh, that is an experience. All of these experiences contribute to the success that I hope to achieve.

When the working world knows that I have education and experience, doors of opportunities will open. In the year 2001, when I go

to sit before the admission's desk of Princeton, MIT, or Johns Hopkins University, I will give them my resume. They will see a 4.0 GPA and disregard it. They will see that I participated in various activities and disregard that too for all of their applicants have those credentials. But when they see in bold, capital letters the words, SHARP Apprentice, most likely, they will accept me for they will know that I not only have education, but I have experience. Moreover, when I go to the employer's desk of IBM, Macintosh or Microsoft, I will give them my resume, and they will see in bold, capital, large printed letters the words, SHARP Apprentice

1999. Most likely, they will hire me for they know that I not only have education but experience.

Moreover, this SHARP experience will not only benefit me, but it will inspire others. Like Mr. Irvin Lee, I too hope to return to Goddard Space Flight Center but probably about forty years from now. Mrs. Brijbasi and I can set the date later. But I will come back and share to the other students what I have accomplished through this program, and hopefully, they will be inspired to achieve their goals as I was.

So, now, I pose the question to you, "Is it worth it?" Is it worth it waking up at 6:00 in the morning and leaving work at 6:00 in the evening? Is it worth it ripping your pants jumping on and off of platforms running to catch a train? Is it worth the stress of delays and cancellations? Is it worth all of these hardships? Now, I hope your answer is the same as mine, "Yes, it is."

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The Gift That's So Precious

By Bigyani Das

I had always felt confident about myself until the day came when the funding to my Oak Ridge fellowship grant couldn't be continued. That happened unexpectedly as the total funding to Food and Drug Administration (FDA) and to my branch was cut. I was in a very troubling situation and started looking for jobs. Because of my family, I limited my search to only the Maryland, Washington DC and Virginia area.

There were some discouraging and some encouraging replies to my job application letters. But during my job search period I discovered one important point about myself: I was not being very effective in telephone conversation because of my accent and also because of my own style of analyzing phrases. During that time I thought of taking some training lessons to learn effective ways of expressing my ideas.

When I joined NASA and my colleague Don Moore invited me to a Toastmasters meeting, I was very excited. The friendly and nurturing atmosphere of the meeting had a great impact on me and I decided to join.

For a while I listened to the speeches, evaluations, words of the day and thoughts of the day presentations. I participated in some table topic discussions. From meeting to meet-

ing I was feeling more relaxed, comfortable and confident. Then, slowly, I participated, giving word of the day, thought of the day and then the day came when I delivered my ice-breaker speech. It was a very exciting day for me. My daughters who always used to criticize me for mispronouncing their friends' names were amazed when I showed them my trophy.

With the inspiration I got from my clubmates for my first speech, I planned and delivered my second speech. I will be giving my third speech during the next toastmasters meeting. I have also made a plan to give speeches one and half months apart to complete my CTM requirement.

During July 4th weekend the Orissa Society of Americas (Orissa is the eastern coastal state of India) convention was held in Toronto, Canada. I was one of the two organizers for the two poetry reading sessions. Although a different language was used during those sessions, my experiences with Toastmasters contributed a lot toward all the praise I received from the audience.

I take this opportunity to show my appreciation for all the clubmates who have directly or indirectly helped me build my confidence in speaking and being understood.

"Fellow toastmasters, you have given a very precious gift to me".



"I take this opportunity to show my appreciation for all the clubmates who have directly or indirectly helped me build my confidence in speaking and being understood."

"The future belongs to those who believe in the beauty of their dreams." -Eleanor Roosevelt

"Obstacles cannot crush me. Every obstacle yields to stern resolve. He who is fixed to a star does not change his mind."

- Leonardo da Vinci, *Notebooks*

"Obstacles are those frightful things you see when you take your eyes off your goal. "

- Henry Ford

"Treat people as if they were what they ought to be, and you help them to become what they are capable of being."

- Johann Wolfgang von Goethe

"It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult." - Seneca

"The only way of discovering the limits of the possible is to venture a little way past them into the impossible." - Arthur C. Clarke's *Second law*

Club Calendar

September

8—Club picnic and humorous speech and TT contest.

23—Area 45 Contest

October

1—Club semi-annuals due to TI. Get your training request in early!

29—Division D contest

November

13—District 36 Conference

Coming soon:

Club theme meetings

Club open house

NASA Academy and Toastmasters

By Jeff Bolognese, ATM-B

For the second year in a row, the Goddard Toastmasters assisted Goddard's NASA academy students in preparing for their oral presentations and poster sessions.

NASA academy is a program where the best and brightest college students from across the country spend the summer working on research projects at Goddard. About half way through the summer, students present their work in a poster presentation session. At the end of their term, the students give formal oral presentations to Goddard managers.

Last year, organizers of the NASA Academy program approached Goddard Toastmasters for assistance in preparing students for these presentations. Goddard responded with two training sessions: one in preparing poster presentations, and one on technical presentations. Jean Ryan prepared and presented the poster workshop with assistance from Martha O'Bryan, and myself. A few weeks later I presented the technical presentation seminar.

The presentations were well received and we were once again asked to participate in NASA Academy training this year. I presented a streamlined version of the technical presentations workshop, and, with the help of Jean

Ryan's notes, developed and presented a talk on preparing and presenting posters. The students seemed to get a lot of good information from the talks, and went on to successfully present their projects.

These kinds of requests for educational support from Goddard Toastmasters are not unusual and, hopefully, will increase in coming years. Programs such as NASA Academy and the SHARP program offer Goddard TM the opportunity to demonstrate the value of our organization both to the students involved and the center as a whole.

Programs such as Youth Leadership and the NASA academy presentations can't work without support from club members. When these opportunities come up (and they are opportunities) consider volunteering. You'll be helping not only the students involved as well as your club, but you'll also be giving yourself a chance to speak before a new audience and maybe step just a bit out of your safety zone. Every challenge is an opportunity for growth, and with these educational programs not only do you help others to increase their skills, but you invariably increase your own.

Talk about a win-win situation!



Consider offering you assistance in some of Goddard Toastmasters Outreach programs

Kudos All Around!

Congratulations to these Goddard Toastmasters for their recent achievements:

Margaret Pavlinic – Our newest CTM

Ashok Ambardekar – ATM Bronze

Angie Upshur—For another successful SHARP Youth Leadership Program

The Cycle of Self Development

By Paul McCeney, ATM

A few years after I joined Toastmasters, a Dale Carnegie instructor gave an educational presentation on the cycle of self-development. The information he provided then is still valid and useful today, so I'm passing along my summary of his presentation.

The speaker, "Marty" Martin, started out his session with a memory training demonstration showing the effectiveness of stacking and repetition. Marty asked the audience to visualize a large delicate chinaware plate. Through the middle of the plate is a ballpoint pen. (Repeat.) Impaled on the pen is a Jersey calf. Riding on the Jersey calf is King George. (Repeat from start.) On King George's forehead is a cut with a Bandaid connecting the cut. On top of King George's head is a huge mass of ice. (Repeat from start.) Lying on the ice is Marilyn Monroe. In the part of her hair is an ocean liner with a big arrow on its side pointed south. (Repeat from start.) The funnel of the ship is a fresh new ham. Wrapped around the fresh new ham is a long piece of paper with the words "Carry Me Back to Old Virginy." (Repeat from start.) On the end of the paper is the Empire State Building. On top of the Empire State Building is another ocean liner with a big arrow on its side pointed north. (Repeat from start.) All around the deck of the ocean liner are a flock of Rhode Island Red chickens. (Repeat from start.) If you can't figure out the meaning of the demonstration, but can repeat the exact sequence from memory, and want to know what it means, I'll tell you what it is. If you can't figure it out and can't remember the exact sequence, but want to know what it means—TOO BAD!! (Hint: It has something to do with the rationale for the sequence of issuing some new commemorative coins.)

In discussing self-development, Marty said all of us have a "comfort zone"—an area in which we feel comfortable or at ease. This zone expands as we become educated and meet new people, that is, there are more places where we do not feel lost or out of place. To increase our comfort zone through development requires an attitude change. This change requires a person to recognize three things in himself:

- (1) he needs it;
- (2) he wants it;
- (3) he must believe he can.

This must be followed by action, usually seeking help from someone qualified to give it.

On the subject of effective communication, Marty said it requires:

- (1) knowledge about your audience;
- (2) a clear idea of your message;
- (3) effective preparation of speech material;
- (4) being heard by your audience; and
- (5) being understood by your audience.

The attitude of the speaker must include:

- (1) good self-esteem;
- (2) accurate attitude on purpose;
- (3) feeling of confidence;
- (4) love of self and love of audience (you can't feel good toward someone else if you don't feel good toward yourself; and goals for speech.

Marty said a speaker must respect his audience; be genuinely interested in his audience; and try to understand his audience. The audience will judge the speaker on what he

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"To increase our comfort zone through development requires an attitude change."

Self Development (Cont.)

says and how he says it, how he looks, and on what he does and how he does it. If the audience is small or intimate, they may also judge a speaker on how they smell him.

Unless you translate your knowledge into action through practice, Marty said, it's worthless. It takes good practice to make a permanent skill. But, he cautions, although "practice makes perfect," practicing the wrong things or in the wrong way will make you perfectly wrong. This is why he said you need a coach who has knowledge, patience, empathy, ability to motivate, enthusiasm, ability to communicate, and a desire to make his pupil look good. (This, to me, sounded like a pitch for Dale Carnegie coming through.) A person needs positive reinforcement to provide the desire to improve. So, Marty said, look for the good points. If you help a person improve the strong points, the weak points will tend to disappear.

At one point in his speech, Marty was enumerating three items. He gave the first two and then said, "The third one will come to me in a minute." And a minute later he said what the third item was. He pointed out to the audience that he did not say he had forgotten the third item, but rather that it would come to him in a minute. I guess that's the "power of positive thinking" concept. It does seem to make sense to me. If you say you have forgotten something, you tend to dismiss further attempts at recall. If you say you'll think of it, it keeps the little neurons searching through the memory banks for the lost item rather than going back to drinking coffee or reading or whatever neurons do when they are not searching through

memory for items requested for recall.

In the questions period following Marty's speech, there evolved a somewhat philosophical difference between Marty's Dale Carnegie approach and the Toastmasters approach. Marty said there is no such thing as constructive criticism. A positive action gets a positive reaction, but all criticism is negative, and the reaction is negative. If a person makes a mistake, he becomes defensive; tell that he is doing something wrong and he will resent it. If you tell a person that you did not like the way he did or said something, he will become defensive ("I did it because . . ."). When someone asked about critical evaluation, Marty responded that it doesn't matter what you call it; if it's negative, the response is also going to be negative. When someone else said that she would want to know what she was doing wrong, Marty flipped it around by saying that what she really wanted to know was how good she was. (I guess it's the pessimist's vs. the optimist's way of looking at a half-a-glass of water.) Marty suggested that if the first speaker makes a mistake (omission or commission) and the second speaker does not make the same mistake, praise the second speaker for not making the mistake rather than criticize the first speaker for making the mistake. Whatever the corrective action is you wish someone to achieve, choose the method, the words, and the attitude that will obtain a positive reaction, regardless of whether you use the Dale Carnegie or Toastmasters or your own personal philosophy.



September 8th is the club Summer Party with the Humorous Speech and Table Topics Contest to follow.

Contact Herman Gallardo to sign up for the party or visit the club web site.

Best Wishes to Mike Parrish

By Jeff Bolognese, ATM-B

Long time Goddard Toastmaster, former club president and recent Area 45 governor, Mike Parrish is officially leaving Goddard Toastmasters. Since taking a job in DC with the Department of Labor, time constraints and beltway traffic have made it difficult for him to attend meetings at Goddard.

"(I) will really miss Goddard," Mike said. "The mentoring and training (I) received ... has

been invaluable."

Mike plans to stay involved with Toastmasters and will either join an evening club or start a club at his workplace. His new club will most likely be in Division D, so hopefully we'll see him at Division and District events.

Our club will miss his enthusiasm and dedication to Toastmasters. Best wishes, Mike. Our door is always open for you.

Goddard Toastmasters 1999 Summer/Fall Schedule

| MEMBER'S NAME | Offices | Phone # | Code | 25-Aug | 8-Sep | 22-Sep | 13-Oct | 27-Oct |
|-------------------------|--------------------|----------|-------|----------|---------|----------|----------|----------|
| | | | | B28 E210 | B26 205 | B28 E210 | B28 E210 | B28 E210 |
| | 1 Jul 99-30 Jun 00 | | | | Contest | | | |
| Ambardekar, Ashok CTM | President | 6-9624 | 224.4 | TOD | | GE | E | |
| Armbruster, Maureen CTM | | 6-8457 | 733.3 | | CJ | | | |
| Bolognese, Jeff ATMB | | 6-4252 | 721.1 | | | E | TT | SP |
| Brown-Conwell, Evette | | 6-0561 | 702.0 | | | | | |
| Cockey, Joe | | 6-8806 | 453.7 | | | | | |
| Cody, Regina CTM | | 6-3782 | 691.0 | E | | TMOD | | |
| Das, Bigyani | Sergeant-At-Arms | 6-8090 | 931.0 | SP | T | WOD | SP | BC |
| Denis, Jean Marie | | 6-2093 | 562.0 | | | | | |
| Findlay, Oswin CTM | VP-Education | 301-464- | 440.7 | | | | | E |
| Fowler, Sherry | | 6-6533 | 114.0 | | | | | |
| Gallardo, Herman | | 6-4372 | 750.5 | W | | | | |
| Gervin, Janette | | 6-4911 | 421.0 | | | | | |
| Greco, Pat CTM | | 6-6118 | 114.2 | | | | | |
| Grigsby, Bob CTM | | 301-262- | Re- | | | | | |
| Henev, Mike | | 6-4044 | 922.0 | TT | SP | | | |
| Hong, Ye | | 6-1495 | 912.0 | | | | | |
| Huffman, Lenora | Treasurer | 6-0099 | | TMOD | BC2 | BC | SP | WOD |
| Ku, Jentung | | 6-3130 | 742.2 | | | | | |
| Liu, Jane CTM | | 6-2468 | 480.0 | | BC1 | | | |
| Maltagliati, Kelly | | 6-3360 | 190.0 | | | | | |
| Mandl, Dan | | 6-4323 | 511.2 | | SP | | | |
| McCeney, Paul ATM | | 6-6499 | 450.0 | T | | | | |
| McHale, Pat | VP-Membership | 410-362- | HP | E | | | | |
| Moore, Don | Sergeant-At-Arms | 6-9195 | 932.0 | TOD | | | | |
| Ng, Carolyn CTM | | 6-1359 | 633.0 | | | | | |
| O'Bryan, Martha CTM | | 6-1412 | 691.0 | | TTC | | | |
| Papadimitris, Charlie | | 6-9361 | 205.2 | | | | | |
| Parrish, Michael CTM | | 202-606- | NA | | | | | |
| Pavlinic, Margaret | | 6-0031 | 421.0 | | | | | |
| Pham, Karen CTM | | 6-7525 | 733.1 | | | | | |
| Pullen, Bill ATMB | Secretary | 6-6337 | 453.7 | | SP | | | |
| Rubincam, Eloise | | 6-4381 | 213.0 | G | | | | |
| Ryan, Jeane, CTM | | 6-2958 | 440.8 | | | | | |
| Scherer, Chris CTM | | 6-8677 | 531.0 | | | TOD | | |
| Scully, Jackie | Secretary | 6-3331 | 114.0 | | | | | |
| Sherman, Barry DTM | | 6-6649 | 424.0 | BC | TTC | | | |
| Taylor, Carl | | 6-8833 | 313.0 | | | | | |
| Thomas, Kathi | | 6-2058 | 584.0 | | | | | |
| Thomas, Louis CTM | | 6-0969 | 300.0 | | | | | |
| Upshur, Angela,DTM | VP – PR | 301-552- | NA | SP | TTC | BC | TMOD | W |
| Wang, Alex | | 6-9024 | 931.0 | | | | | |

TMOD=Toastmaster of the Day
 GE=General Evaluator
 SP=Speaker

TT=Table Topics
 BC=Ballot Counter
 T=Timer

W=Whisker Counter
 G=Grammarian

WOD=Word of the Day
 TOD=Thought of the Day